

ARE YOU?



FIT



FOR LIFE

FOR DUTY

REGULAR PHYSICAL ACTIVITY IMPROVES PHYSICAL AND MENTAL HEALTH, SLEEP QUALITY, AND ALERTNESS.

**GET 20-30 MINUTES OF EXERCISE
3-4 TIMES PER WEEK**

No Time? No Excuse!

Take walks during work breaks

Play with the kids

Throw the football

Stretch while watching TV

FOR MORE INFORMATION, GO TO:
MXFATIGUE.COM OR HFSKYWAY.FAA.GOV



Federal Aviation
Administration